

Pumpkin Muffins

Makes: 54 Servings

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Ingredients	Weight	Measure
Pastry flour	3 oz	
Sugar, granulated	3 oz	
Cinnamon		1/2 tsp
Margarine	2 oz	
Eggs	5 oz	
Egg whites	5 oz	
Vegetable oil	6 oz	
Pumpkin, canned	1 lb 10 oz	
Buttermilk	8 oz	

Nutrition Information	
Nutrients	Amount
Calories	163
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	12 mg
Sodium	127 mg
Total Carbohydrate	28 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	14 mg
Iron	0 mg
Potassium	N/A
N/A - data is not available	

Sugar, granulated	1 lb 6 oz	
Pastry flour	1 lb 12 oz	
Baking soda	3/4 oz	
Cinnamon		1 Tbsp
Nutmeg		1 tsp
Cloves		1/2 tsp
Allspice		1/2 tsp

Directions

1. Combine 3 ounces pastry flour, 3 ounces sugar, and 1/2 teaspoon cinnamon. Cut in margarine. Set aside for streusel topping.
2. Beat together eggs, egg whites, oil, pumpkin, and buttermilk.
3. Combine sugar, flour, baking soda, and spices. Add to liquid ingredients and mix on low speed for 15 to 20 seconds, until all of the dry ingredients are moistened.

4. Line muffin cups with paper liners. Portion 2 ounces batter into each muffin cup.

5. Sprinkle reserved streusel topping evenly over muffins. Bake until lightly browned in a 425 degree F conventional oven for 10 to 12 minutes.

Source: National Food Service Management Institute